

CONFERENCE AGENDA

DAY ONE

8:00–9:00 *Registration and Breakfast (Red Cedar Ballroom)*

9:00–9:30 **Conference Opening & Acknowledgement of Traditional Territories**

9:30–10:30 **Keynote Address: Take Your Trickster to Work** - Elaine Decker

10:30–10:40 **Mental Wellness Activity Break** - Sheldon Franken

10:40–11:00 *Refreshment Break*

11:00–11:20 **Technology Wellness Tech Talk: Pros** - Merlyn Horton

11:20–12:05 **Federation Member Mental Health Initiatives**

1. Cowichan Valley Youth Services: Working with Youth and Mental Health

Michelle Bell

2. Options Community Services: Fraser Health Crisis Line Substance Use Supports

Jackie Yurick

12:05–12:15 **Mental Wellness Activity Break** - Sheldon Franken

12:15–1:00 *Lunch Break*

1:00–2:00 **Nurturing Mindfulness in Children, Youth, And Families** - Stephanie Curran

2:00–2:10 **Mental Wellness Activity Break** - Sheldon Franken

2:10–2:30 **Technology Wellness Tech Talk: Cons** - Merlyn Horton

2:30–2:45 *Refreshment Break*

2:45–4:00 **Open Space: Marijuana Legalization** - Facilitated by Rebecca Lang

4:00–4:30 **Technology Wellness Tech Talk: Future** - Merlyn Horton

4:30–4:45 **Day One Conference Recap + 50/50 Raffle**

7:00–9:30 *Drop-in Social - Suite 211*

DAY TWO

8:00–9:00 *Breakfast + Cultural Wellness Ceremony[ies] (Participation Optional)*

9:00–12:00 **Workshop: Take Care of Yourself, Take Care of Each Other, Take Care of This Place**

Nene Kraneveldt and Kendra Gage

12:00 *End of Conference*